



Patient Name

Enroll in the free* Full Plate Living Program

It's a small step approach that can lead to big health outcomes. Membership provides access to a supportive community and to resources that will improve your health. Specifically, it helps you add more whole, unprocessed fiber foods to your diet. Side effects include:

- Improved Blood Sugar
- Lower Cholesterol Levels
- Better Blood Pressure
- Weight Loss
- Increased Energy
- Better Sleep

Scan Me



Enroll Free

Sign-up by visiting fullplateliving.org

Provider Signature

* Full Plate Living is a completely free service of Ardmore Institute of Health.